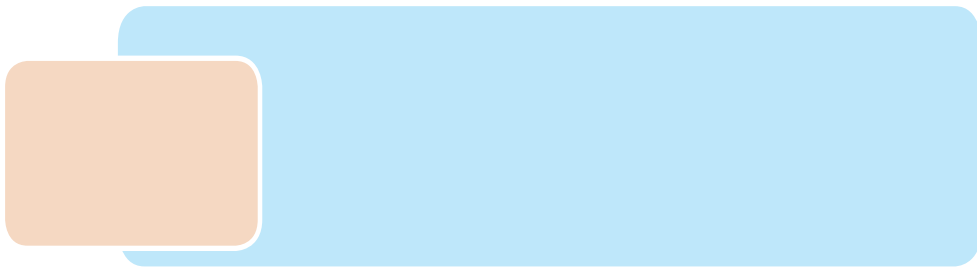


# HEALTHY LIVING



portion of time is spent in clinical training.

The course of study is approved by an accrediting agency which is fully recognized by the U.S. Department of Education.

This has been the case for more than 25 years. Before they are allowed to practice, doctors of chiropractic also must pass national board examinations and become state-licensed.



This extensive education prepares doctors of chiropractic to diagnose health care problems, treat the problems when they are within their scope of practice and refer patients to other health care practitioners

when appropriate. To learn more about how chiropractic education compares to medical education, visit [www.acatoday.org/chiroeducation](http://www.acatoday.org/chiroeducation).

### **Are the services provided by doctors of chiropractic safe?**

Chiropractic is widely recognized as one of the safest drug-free, non-invasive therapies available for the treatment of neuromusculoskeletal complaints. Although chiropractic has an excellent safety record, no health treatment is completely free of potential adverse effects. The risks associated with chiropractic, however, are very small. Many patients feel immediate relief following chiropractic treatment, but some may experience mild soreness or aching, just as they do after some forms

of exercise. Current literature shows that minor discomfort or soreness following spinal manipulation typically fades within 24 hours. Learn more at [www.acatoday.org/chirosafety](http://www.acatoday.org/chirosafety).

### **Is chiropractic treatment ongoing?**

The hands-on nature of the chiropractic treatment is essentially what requires patients to visit the chiropractor a number of times. To be treated by a chiropractor, a patient needs to be in his or her office. In contrast, a course of treatment from medical doctors often involves a pre-established plan that

is conducted at home (i.e. taking a course of antibiotics once a day for a couple of weeks). A chiropractor may provide acute, chronic, and/or preventive care thus making a certain number of visits sometimes

necessary. Your doctor of chiropractic should tell you upfront the extent of treatment recommended and how long you can expect it to last.



### **Is chiropractic treatment appropriate for children?**

Yes, children can benefit from chiropractic care. Children are very physically active and experience many types of falls and blows from activities of daily living as well as from participating in sports. Injuries such as these may cause many symptoms including back and neck pain, stiffness, soreness or discomfort. Chiropractic care is always adapted to the individual patient. It is a highly skilled treatment, and in the case of children, very gentle.

For more information on prevention and wellness, or to find a doctor of chiropractic near you, visit ACA's website at [www.acatoday.org/patients](http://www.acatoday.org/patients).



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